

Healthy Child Care



Spring 2000

Missouri Department of Health • www.health.state.mo.us

Volume 3, Number 1

Recognition for Child Care Providers

May 12 marks the fifth annual National Provider Appreciation Day. Celebrated annually on the Friday before Mother's Day, this day of recognition got its beginning from a group of volunteers in New Jersey in 1996. The idea began as a pilot program within a local network. The pilot project was such a success that the group expanded the initiative by taking the event to recognize child care providers everywhere. Groups in all 50 states as well as in Canada, Europe, and Asia now support this day.

According to recent surveys, there are approximately 13 million children in the United States under the age of 6 in child care settings at least part time. There are an additional 24-million school age children in some type of child care outside of school time. This increase in the number of children in

child care settings makes the job of the child care provider all the more important and needed.

The Missouri Department of Health recognizes the valuable career you have chosen – and our hats are off to you. Thank you for all that you do every day to touch and improve the lives of the children in your care.

For more information on Provider Appreciation Day, including activities that may be occurring in your area, call toll-free 1-888-FIRST-1 or visit the web site at <http://www.providersfirst.com> Enjoy your day !



Children's Mental Health Week Observed

Annual observance of Children's Mental Health Week began 9 years ago in 1991. It was created by the Missouri Statewide Parent Advisory Network (MO-SPAN) and the Missouri Department of Mental Health. The purpose of the week is to "disseminate information about children with serious emotional disturbances and their families."

Children's Mental Health Week is now celebrated nationwide, and the exciting part is that it began here in the state of Missouri. It is always recognized on the first full week of May since May is Mental Health Awareness Month. For more information about Children's Mental Health Week, please contact Marcia Wilson at (573) 751-8113.

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Update



Bureau of Child Care Survey

Last summer, the Bureau of Child Care sent a provider survey to all licensed and regulated child care facilities in the state. Thank you to all those who responded and provided us with feedback.

In June, the Bureau will again be asking for your feedback on the job we are doing. This is your opportunity to tell us about our strengths and weaknesses. The information that you provide aides us in assessing areas that need improvement, as well as letting us know what we are doing well.

Your feedback is very valuable to us. Please take the time to complete the survey and return it to us. Thank you for your input.



We Need Your Input -

The Bureau of Child Care will soon be embarking on a journey to revise our licensing rules. As you may know, our current licensing rules have not had a major revision since 1991. The rule revision process will include gaining input from those who are touched by the licensing rules—providers, parents, resource and referral agencies, licensing staff, and other interested parties.

If there are rules that you think need clarification, rules that you think are no longer needed, or rules that are not currently part of the licensing rules but you think they should be, write your ideas on a Rule Revision Suggestion form. You may obtain a copy of the Rule Revision Suggestion form from your Child Care Facility Specialist. Please feel free to make copies of this form for your use. When completed, mail your suggestions to Bureau of Child Care, P.O. Box 570, Jefferson City, Mo. 65102.

Accreditation Workshops

Be watching for information about accreditation workshops. The Missouri Department of Health is now contracting with the Missouri Resource and Referral Network to provide accreditation workshops. In the near future, the Network will be providing grants for funding to help facilities achieve accreditation. For more information, call your local resource and referral agency.

If you have ideas for future articles, or comments/suggestions regarding this newsletter, please contact Sue Porting, Coordinator of Children's Programs, Bureau of Child Care, P.O. Box 570, Jefferson City, MO 65102, phone 573-751-2450, e-mail portis@mail.health.state.mo.us

Outdoor Playtime is Fun - But Watch Out for the Sun

Summer is coming and children are looking forward to spending lots of playtime outdoors. While some exposure to sunlight can be enjoyable and healthy, too much can be dangerous. Sunburns can be painful and sometimes may even require medical treatment. But, they're not the only cause for concern. Unprotected skin can be damaged in as little as 15 minutes, although the full effects may not show up for 12 hours. Overexposure to ultraviolet (UV) light can cause future serious health effects, including skin cancer and other skin disorders, eye damage and cataracts, and immune system depression.

Why is this especially important to child care providers? Children are of particular concern. They have thinner skin than adults and are more sensitive to UV light. Children and teenagers spend more time in the sun, especially in the summer. Up to 80% of an average person's lifetime exposure to UV light occurs before the age of 18. Even a brief exposure (as little as 10-15 minutes) to the mid-day summer sun can result in serious burns in children. Just a couple of blistering sunburns as a youngster can double the risk for melanoma in later life. All sunburns should be avoided, but particularly by children.

Skin cancer is the most common type of cancer, accounting for more cases than all other cancers combined. The incidence of melanoma, the deadliest type of skin cancer, is increasing faster than almost every form of cancer.

By educating ourselves and our children about UV-related health effects and the steps for sun protection, we can better ensure a healthy future for the next generation.

There are simple steps you can take to help limit sun exposure for children:

- ✓ Limit outdoor activities between the hours of 10 a.m. and 3 p.m., when the sun's rays are the most intense.
- ✓ Provide shade for play areas. Trees, awnings, roofs or other coverings can be useful.
- ✓ Don't let infants or young children play or sleep in the sun while in a playpen, stroller, etc.
- ✓ Use sunscreen appropriately.

✗ Babies under six months of age should not wear sunscreen. Their skin is still too new to allow the sunscreen to bond and form an

adequate barrier to sunlight. Since babies this young should not wear sunscreen, be sure to protect their skin from the sun with protective clothing, keep them in the shade, etc.

✗ Get children used to wearing sunscreen lotion, especially on their most exposed parts - the face, neck, shoulders, back, knees and tops of feet.

✗ A sunscreen with an SPF of 15 or greater should be used.

✗ Sunscreen should be applied at least 20 minutes before exposure to sunlight. It takes this time for the sunscreen to bond with the skin to form an adequate barrier to sunlight.

✗ There are sunscreens that provide a green, purple or other color when first applied, and then slowly disappear as they bond to the skin. The kids think it is fun. The adults can see if exposed areas are adequately covered.

✗ Sunscreen is only effective for a couple of hours. It should be reapplied every two hours; more often if the children are playing in the water or perspiring heavily.

- ✓ And don't forget! Protection is still needed on overcast days because clouds do not effectively block UV rays. Even when it's cloudy, you can still get a sunburn!



Additional information concerning skin cancer prevention may be obtained from the Missouri Department of Health, Bureau of Cancer Control, P.O. Box 570, Jefferson City, MO. 65102, phone 573/522-2845, e-mail cwans@mail.health.state.mo.us.

License-Exempt Facilities May Participate in the Child and Adult Care Food Program

License-exempt child care facilities that pass annual Missouri Department of Health inspections became eligible to participate in the Child and Adult Food Program (CACFP) in August 1999 due to changes made in the law. If you are a qualifying license-exempt facility and food service costs are a major expense for you, it will be worth your time to explore whether or not this program is right for you. Centers caring for 60 children may average \$23,000 per year in payments through the CACFP.

What is CACFP?

The Child and Adult Care Food Program (CACFP) was established to improve the meals and snacks served in child and adult care settings. Participating centers and homes are reimbursed for nutritious meals and snacks served. Eligible license-exempt facilities include child care programs operated under the exclusive control of a religious organization, as well as nursery schools for preschool children that operate no more than 4 hours per child per day and are not under the exclusive control of a religious organization.

CACFP serves children under the age of 13, children of migrant workers age 15 and under, physically and mentally handicapped persons receiving care in a center where most children are 18 years and under.

What are the responsibilities of license-exempt facilities?

- Pass annual inspections.
- Serve meals that meet the program requirements. See chart below.
- Maintain records to support monthly claims for reimbursement such as: menus, meal counts and enrollment documents.
- Submit claims for reimbursement for eligible meals served to children who are enrolled at the facility.
- Claim no more than two meals and one snack or one meal and two snacks per child per day.
- Attend training and assure that facility staff are knowledgeable about program requirements.

What does the CACFP provide participating facilities?

- Reimbursement for nutritious meals and snacks served to eligible participants.
- Training and technical assistance on nutrition, food service operations program management, and record keeping.
- Oversight to ensure compliance with program requirements.

Please contact us if you would like more information about the program or to request an application packet. Call 573-751-6251 or 800-733-6251 or visit www.health.state.mo.us/AbouttheDepartment/cacfpovrview.html for more information.

Other facilities who may be eligible to participate in the program include: child care centers, family child care homes, homeless shelters, outside-school-hours programs, and adult day care centers.

Meal Pattern Requirements for Child and Adult Care Food Program

Children		Age 1 up to 3	Age 3 up to 5	Age 6 up to 12
Breakfast (Serve all 3 Components)	Fluid Milk Juice* or Fruit or Vegetable Grain/Bread	1/2 cup 1/4 cup 1/2 slice ♦	3/4 cup 1/2 cup 1/2 slice ♦	1 cup 1/2 cup 1 slice ♦
Snack (Serve 2 of 4 Components)	Fluid Milk Juice* or Fruit or Vegetable Meat/Meat Alternate Grain/Bread	1/2 cup 1/2 cup 1/2 oz. 1/2 slice ♦	1/2 cup 1/2 cup 1/2 oz. 1/2 slice ♦	
Lunch/Supper (Serve all 4 Components)	Fluid Milk Meat or Meat Alternate: Meat, Poultry, Fish or Cheese or Egg or Cooked Dry Beans / Peas or Peanut Butter Fruits and/or Vegetables (Must serve at least 2 different types**) Grain/Bread	1/2 cup 1 oz. 1 1/4 cup 2 Tbsp. 1/4 cup 1/2 slice ♦	3/4 cup 1 1/2 oz. 1 3/8 cup 3 Tbsp. 1/2 cup 1/2 slice ♦	cup 2 oz. 1 1/2 cup 4 Tbsp. 3/4 cup slice ♦

* Juice must be 100% juice. Juice may not be served at snack if milk is the only other component.

** A minimum of 1/8 cup of each must be served.

♦ Or an equivalent serving of grain/bread alternate.

Consumer Product Safety Commission



The United States Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products.

The CPSC does this by:

- Developing voluntary standards,
- Issuing and enforcing mandatory standards,
- Issuing recalls of products or arranging for their repairs,
- Conducting research on potential product hazards and,
- Informing and educating consumers regarding product safety.

If you've had a problem with a consumer product, or you want information, you can reach the CPSC through:

- the CPSC toll-free Hotline at (800)638-2772 or (800) 638-08270 for the hearing and speech impaired.
- the CPSC web site address at <http://www.cpsc.gov>

Obtaining Recall Information

The U.S. Consumer Product Safety Commission issues approximately 300 product recalls each year, including many products found in child care settings. The recalls are issued through the media, on the CPSC toll-free hotline, and on the CPSC Internet web site.

Many consumers do not know about the recalls and continue to use potentially dangerous products. As a result, used products may be loaned or given to a charity, relatives, friends or neighbors, or sold at garage sales or secondhand stores.

You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether products have been recalled, and if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC to find out product information.

You can receive CPSC's current recall information automatically by e-mail or fax, or in a quarterly compilation of recalls sent by regular mail. Call CPSC's hotline and after the greeting, enter 140, indicate how you want to receive the recall notices, and leave the other information requested.

Each issue of this newsletter will highlight a recalled product; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

Century Offers Cash Reward for Recalled Infant Swings

In cooperation with the U.S. Consumer Product Safety Commission (CPSC) Century Products Co., of Macedonia, Ohio, is offering a \$30 cash reward for the repair of each Lil' Napper infant swing. These swings were recalled in 1997 following reports of three deaths and one near strangulation from entanglement in the swings' shoulder harness straps. CPSC and Century have since become aware of a fourth death of an 8-month old infant girl in Texas.

The swings, which were manufactured by Century from 1991 through 1997, have shoulder harness straps that are placed over each shoulder and buckled between the infant's legs. If the straps on these swings loosen or are unbuckled, an infant can become tangled in the straps and strangle.

Despite a nationwide effort over the past 2 years to alert the public about this recall, Century believes that many of the 125,000 swings originally sold could still be in use. Consumers can get a free repair kit for the swing, which consists of a new seat pad and restraint system with crotch straps. To encourage consumers to repair their swings, Century is offering a \$30 reward; Century is taking further steps to get the word out, including direct mail notification to thrift stores and notices in new infant and convertible car seats.

The recalled Lil' Napper infant swings can be identified by the following model numbers located on the bottom of the swing's seat: 12-344, 12-345, 12-347, 12-475 or 12-476. The Century brand name is on the motor assembly at the top of the swing. Each swing has a plastic, two-position seat with a removable plastic tray. The seats are covered by either a vinyl or fabric seat pad. There are four white tubular metal legs supporting the swing.

Parents and caregivers should immediately stop using these infant swings. To receive the repair kit and the \$30 reward, call Century at (800) 231-1448 anytime or access their web site at www.centuryproducts.com

Planning for Field Trip Safety

Summer is on its way, and with it comes the adventures associated with field trips. Field trips can be a happy, valuable learning experience for the children in your child care facility, but field trips can also be dangerous when certain safety precautions and licensing rules are not followed.

The majority of accidents/injuries occur when there are variations from the normal routine. It is during these times that children and staff are in unfamiliar settings and extra precautions must be taken to ensure everyone's safety.

The following is a reminder of licensing rules for field trips and suggestions for making them safe and enjoyable.

Licensing rules for field trips include the following :

- Provider responsibility for the care, safety and supervision of children on field trips or at any time children are transported away from the facility.
- Written parental consent on file for field trips and transportation.
- Parental notification when field trips are planned.
- Maintaining staff/child ratios any time children are transported away from the facility.
- Taking head counts before leaving the facility, after entering the vehicle, during a field trip, after taking the children to bathrooms, after returning to the vehicle and when arriving back at the facility.
- Carrying information including the name of the provider and the names, addresses and telephone numbers of each child's parent(s) in the vehicle.

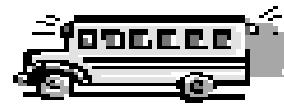
The following are suggestions to make your field trip as safe as possible. You will also want to review the current licensing rules before planning your next outing.

Before you go:

- Always utilize extra staff, volunteers, or parents whenever possible, particularly when younger children are involved.
- Plan the details of the field trip in advance, and prepare children regarding what to look for and what to expect.
- Post or hand parents a schedule of times and places.
- Scout the areas before you go so you know where bathrooms are available, where to park, how far children have to go to enter the park, building, etc.
- Have identifying information for each child in the vehicle. If more than one vehicle is being used, make sure the identifying information for each child is in the vehicle the child is in. If there is an accident, emergency personnel need to know who is in that vehicle. You may want to consider placing a small picture (Polaroids work well) of the child on his/her identifying information. That way, anyone would be able to tell which information belongs with which child.
- Have an emergency plan in case someone gets hurt. Take a copy of the parents' emergency telephone numbers and the children's medical authorization in the event an accident occurs.
- Have an emergency plan for rain or severe weather once you get to your destination.
- Meet with staff and/or volunteers to gather their input and discuss plans before the field trip.

During the field trip:

- Accidents often happen when we are in a hurry, so try not to get in a position where you are running behind.
- Assign an adult to each group of children and make sure the adult knows the children in his/her group by both sight and by name.



Make sure each child knows his or her adult leader by sight and by name.

- Make each adult responsible for taking frequent head counts/roll calls of children in his/her group. Roll calls are preferable to head counts. It is easy to miscount, but this is less likely when you have children respond to their names. Have children sit down while you are taking head counts/roll calls to avoid recording the same child more than once.
- Take head counts/roll calls:
 - ✓ Before leaving the child care facility,
 - ✓ After getting on the vehicle,
 - ✓ After leaving the vehicle,
 - ✓ Frequently while on the trip,
 - ✓ After taking the children to the restrooms,
 - ✓ After returning to the vehicle, and
 - ✓ Once again when you are back at the facility.
- In addition, one adult should be assigned to do an overall head count/roll call throughout the trip. This adult should also walk through the vans or buses each time children are taken off the vehicle, checking for any child who might be on or under the seats.
- Use the "buddy system" to pair children up to look out for one another. Instruct the children to alert an adult when their "buddy" isn't with them.
- Wear safety belts and use child safety seats as required by Missouri law.
- Never allow children to use the restrooms alone while on a field trip. Instruct the adult leaders to take the group assigned to them to the restroom before starting out. While on the field trip, the adult leader should take the complete group assigned to them to the restroom, and do a head count/roll call before leaving the restroom.
- Stay alert for possible hazards or situations that may go wrong.

Last but not least, be enthusiastic and have fun. This should be all the more possible when you know that you have taken precautions to make your field trip safe.

Standards Will Improve CACFP Integrity

Missouri is among 20 states whose CACFP programs have been audited since 1996 by the United States Department of Agriculture's (USDA) Office of the Inspector General (OIG). The audits focused on operations in family child care home sponsoring organizations and individual family child care homes. Some abuses such as filing false claims, money laundering, forged signatures, improper use of food program funds and fraud were discovered in some states. These findings will impact centers as well as homes and sponsors of homes through the creation of new integrity standards.

Standards for improving the integrity of the program will focus on three areas:

- 1) administration and operations,
- 2) meal service and nutrition, and
- 3) health, safety and well-being.

These standards were developed by a national task force of CACFP professionals. Meeting or exceeding the standards will ensure that your program operates with the highest degree of integrity, and achieves the intended purpose of the CACFP...to provide nutritious meals to children and adults in care.

Highlights of one standard:

Staff comply with CACFP administrative requirements.

The staff follows meal claim and record keeping requirements:

- Maintains daily attendance records.
- Keeps accurate daily meal counts by meal type.
- Maintains daily menus by meal type.
- Ensures that all meals claimed comply with the appropriate meal patterns.
- Collects child enrollment forms and updates the forms regularly.
- Complies with appropriate procurement requirements for food service management companies and other services (the center secures bids from several vendors and selects the low bid.)

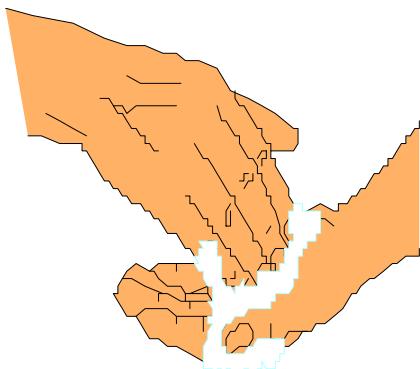
In Missouri there are more than 50,000 children and 450 adults who receive nutritious meals that are reimbursed through the Child and Adult Care Food Program (CACFP) each month. More than \$30 million in reimbursements were paid last year to participating child or adult care programs throughout the state. All meals served must meet United States Department of Agriculture's (USDA) requirements. Facilities must also meet state and local health and safety codes.

If you have concerns about the meals or snacks served at participating sites or believe funds are misused, you may contact the Missouri Department of Health's Bureau of Nutrition and Child Care Programs at 1-800-733-6251.



Some information for this article was adapted from *ND Roundup*, Fall 1999, a publication of the North Dakota Dept. of Public Instruction.)

Good Hand Washing Practices Are A Must



Since before most of us can remember, we have been told by our mothers to wash our hands. Before we could sit down to the table and eat, we first made a trip to the bathroom to run a little water over our hands to satisfy Mom. Now that we are adults, we do a much better job at washing our hands. Right? Not exactly. Observations during sanitation inspections indicate that we don't wash our hands at the proper time (probably because Mom isn't around to remind us) and when we attempt to wash our hands it's just a quick rinse of water and off we go.

Hand washing in your facility takes on more importance than satisfying Mom's wishes. It is, in fact, the single most important task that any of us can perform to prevent disease in the child care setting. Some studies indicate that proper and timely hand washing can reduce the incidence of disease in your facilities by about half.

The following is probably more than you ever wanted to know about hand washing. It is information that if Mom had given to us, probably would have instilled a deeper understanding of the importance of this very simple act.

Hand washing is done to flush (not kill) bacteria from our hands. The key ingredients to proper hand washing are soap, hot running water, and sanitary hand drying methods.

The role of soap is to help loosen bacteria from your hands to make it easier to flush them off. Warm water (between 100 to 120 degrees Fahrenheit) is needed to properly rid hands of bacteria because molecules of hot water have more energy than cold water molecules. Hot water molecules help, like soap, in that the more active hot water molecules help loosen bacteria from our hands.

Now you have soap and hot water loosening the bacteria from your hands and it is time for you to do your part. Scrub vigorously for at least 20 seconds, between fingers, on the palm and on the back of your hands to above your wrist. Keep jewelry to a minimum and avoid excessively long fingernails. If you have long fingernails use a small scrub brush to clean under them. Rinse the soap from your hands.

To keep from getting more germs on your hands, turn the faucets off using a paper towel instead of using your bare hands. The two most contaminated surfaces in a bathroom are the handle on the toilet used for flushing and the faucet handles of the sink.

Thoroughly dry your hands with another disposable paper towel. Using the cloth towel hanging next to the sink is not acceptable. Cloth towels used by other people can put more bacteria back onto your hands.

Now that you know why and how to wash your hands, it's time to expand on Mom's list of when to wash your hands.

Wash your hands after:

- * Using the bathroom
- * Handling raw meat
- * Coughing and sneezing
- * Helping with toileting
- * Changing a diaper
- * Wiping a nose
- * Smoking, eating, and drinking
- * Outdoor play
- * Handling pets

Wash your hands before:

- * Preparing food
- * Handling ready to eat food
- * At other times as needed

We have discussed the why, how and when of hand washing. We now need Mom back. Studies indicate that just because you know when and how to wash your hands doesn't mean that it will be done properly. We need Mom to remind us to do it. Those of you with responsible positions in child care facilities must monitor people working in your facilities periodically to remind them to perform this important task. If you don't, they won't do it.

One last key ingredient to preventing the spread of disease through proper hand washing is to train the children in your facility to also wash their hands. Sixty percent of all four-year-olds do not wash their hands even once during the day. Use games and songs to instill good hygiene habits at an early age. One game that can be played is to apply corn oil to the hands and then sprinkle cinnamon on the palms, backs and in between the fingers of their hand. Tell them the cinnamon represents "germs" on the hands. See who does the best job of getting rid of the germs.

Healthy Summer! Safe Snacks!

Fruits and vegetables are an important part of everyone's daily diet! They provide Vitamins C and A, other vitamins and minerals, and fiber. All of these nutrients are important for the body to function the best it can!

Fresh fruits and vegetables are easy and fast to prepare! Often, washing the fruit or vegetable is all that has to be done. Fruits and vegetables taste great by themselves!

Here are some ideas to get children to eat fruits and vegetables, fresh or in a cooked dish:

- Let the children help prepare the food.
- Let the individual child choose his/her own serving size. Some may want to try just a little.
- Use fruits and vegetables as finger foods. For young children, be sure the fresh fruit or vegetable size and shape will not allow for choking. For example, cut carrot sticks into four "skinny" sticks.
- Choose fruits and vegetables that are bright in color and mild in flavor.

Snack ideas include wedges of fruits or vegetables, such as apples, carrots, celery, berries, broccoli florets, and fruit/vegetable kabobs. Other foods, such as peanut butter or a yogurt dip, can be added to the fruit or vegetable for variety.

Here are recipes for two fruit treats, which would taste "yummy" on a hot, summer day!

Banana Smoothie (4 servings)

2 cups cold milk
.1/4 teaspoon vanilla
2 ripe bananas, peeled and sliced or mashed (or 1 cup fresh or frozen berries)
1 tablespoon sugar
1 cup finely crushed ice

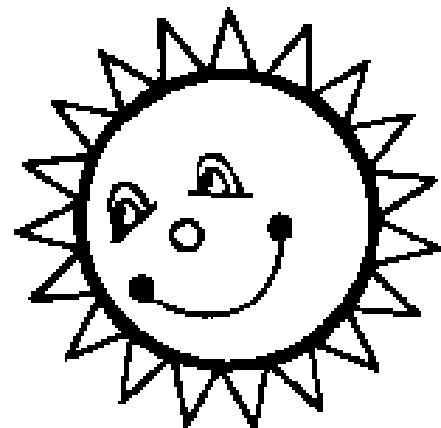
Put all ingredients in a blender or stir vigorously until ice is dissolved, about 30 seconds or the drink is well-mixed. (CACFP creditable for ages 1-6 as 1 milk and 1/2 fruit serving for snack)

Fresh Fruit and Dip

Make a dip of 2 cups low-fat vanilla yogurt and 2 Tblsp. orange juice concentrate. Stir and divide into 4 servings.

Offer a variety of fresh fruit pieces for dipping: pineapple chunks, apple and kiwi slices, strawberries, etc.

Serve 1/2 cup fruit pieces and 1/4 cup dip to each child. (CACFP creditable for ages 1-6 as 1 meat/meat alternate and one fruit serving for snack.)



For children, safe snacks or food safety can be related to clean hands! Here is a fun way to teach children how to do a good job washing hands before eating. Sing the following song to the tune of "Here We Go 'Round the Mulberry Bush".

Handwashing Song

This is the way we wash our hands,
Wash our hands, wash our hands,
This is the way we wash our hands
To wash the germs away.

First we get them very wet,
Very wet, very wet,
First we get them very wet
To wash the germs away.

With soap we make a lot of suds,
Rub those suds, rub those suds,
With soap we make a lot of suds,
To wash the germs away.

Then we rinse the suds away,
Rinse them off, rinse them off,
Then we rinse the suds away,
To wash the germs away.

Then we dry them with a towel,
Dry those hands, dry those hands,
Then we dry them with a towel
The germs have gone away. Hurray!

Song Lyrics: Copyright 1990, B.J. Mayfield, MS, RD. Used with permission.



Preschool Fire Safety Education In Missouri

Whether it's an independent study of fire deaths and injuries or the report of a national organization that tracks those incidences, the statistics all point to one alarming fact: fire ranks at the top, second only to motor vehicle accidents, as the cause of death among children. Nationally, a residential fire occurs every 70 seconds, and about every two hours someone dies in a fire. States with a large rural area, such as Missouri, have a higher child fire death rate than more urban states.

To address these alarming statistics, the Missouri Division of Fire Safety and the Missouri Department of Health have teamed together to provide an effective fire safety education program. Developed by the National Fire Protection Association, *Learn Not to Burn®* is a fire safety education program targeting children. The preschool portion of the program teaches fire safety awareness, specific fire safety behaviors and skills to children age 3-5. Interaction is the key to teaching children of this age group. The program incorporates games, activities, and songs to make learning fun and interesting.

Funding for this initiative was made possible through a grant program administered by the Missouri Department of Health. Missouri Division of Fire Safety inspectors are distributing the program during their scheduled fire safety inspections.

Hats off to those with the Missouri Department of Health who understand the importance of educating children on fire safety issues and helped make this program possible.

The preschool *Learn Not to Burn®* program is available at no cost to each regulated child care program in Missouri. If you have not received your copy of the preschool program, please contact your fire safety inspector to arrange for delivery.





Help is just a phone call away...A child care phone list at your fingertips

**Missouri Department of Health
PO Box 570
Jefferson City, MO 65102-0570
573-751-6400
www.health.state.mo.us**

TEL-LINK - Your telephone link
to health services for Missouri
families **800-835-5465**
(800-TEL-LINK)
(Missouri Relay 800-735-2966 for
hearing impaired citizens)

**Bureau of Child Care
573-751-2450
My Child Care Facility
Specialist**

**Child and Adult Care Food
Program 573-751-6251
800-733-6251**

Health & Safety Consultation -

On-site consultation, education and training by nurses at no cost to caregivers. **573-751-4279**

My Health & Safety Consultant

Child Care Resource & Referral
YWCA - St. Joseph
816-232-4481
800-404-9922 (NW MO only)

Children's Link -Shelbyville, MO

**Heart of America Family
Services - Kansas City
816-753-9981 800-755-0838**

CMSU Workshop on Wheels Warrensburg 660-543-8321 800-666-1461

**Childcare Connection -
Columbia
573-445-5627 800-243-9685**

**Child Day Care Association
St. Louis
314-241-3161 800-467-2322**

**Council of Churches of the
Ozarks - Springfield
417-887-3545 800-743-8497**

**Southeast MO State University
Cape Girardeau
573-651-5118 800-811-1127**

Other Important Numbers
Child Abuse & Neglect Hotline
800-392-3738

**Poison Control Center
800-366-8888**

Fire Safety/Training, Inspections 573-751-2930

US Consumer Product Safety Commission - to report safety problems or inquire about recalls.
800-638-2772
800-638-8279 (TDD)

My frequently called numbers



Upcoming Dates and Events

May:

Asthma and Allergy Awareness Month; allergies and asthma are among the most common and expensive health problems, accounting for one out of every nine visits to physicians. For more information: www.aanma.org

National Melanoma/Skin Cancer Detection and Prevention Month; for patient education, screening and prevention information: www.aad.org; or call 888/462-DERM.

National Mental Health Month sponsored by the National Mental Health Association, for more information call 1-800-969-NMHA; or www.nmha.org

National Safe Kids Week

May 6 –13; Sponsored by the National Safe Kids Campaign, this week is designed to raise awareness and prevent childhood injuries such as: bicycle injuries, burns, suffocation, poisoning, choking and falls. Unintentional childhood injury is the #1 killer of children ages 14 and under. For more information: www.safekids.org

Children's Mental Health Week

May 7-13; see page 1 of this newsletter for more information.

National Family Month -

May 14 to June 18; Held annually from Mother's Day to Father's Day as a celebration of the American family. For more information: www.familymonth.net

June:

Fresh Fruit and Vegetable Month;

sponsored by the United Fresh Fruit and Vegetable Association. This is the perfect time to promote the 5-a-day message. For more information: <http://dccps.nci.nih.gov/5aday/>

Stand for Children Day -

June 1; a time for communities across the country to join together to promote the interests of children and families. For more information: <http://www.stand.org>

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health, Bureau of Child Care, P.O. Box 570, Jefferson City, MO., 65102, 573-751-2450. EEO/AAP services provided on a nondiscriminatory basis.

MISSOURI DEPARTMENT OF HEALTH
BUREAU OF CHILDCARE
P.O. BOX 570
JEFFERSON CITY MO 65102-0570

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